

Solving the Puzzle Diabetes Management

Living with diabetes is TOUGH!

There is a lot to know. There is a lot to learn.

There is a lot to do EVERYDAY!

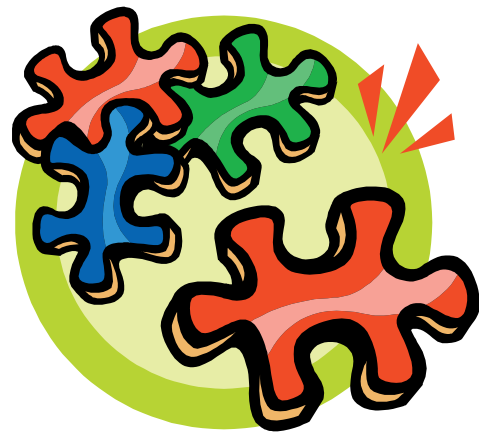
It's like working a diabetes puzzle every day of every week.

Most days and weeks the puzzle pieces seem to fit pretty well. But then comes that day when the pieces do not fit so well. Be concerned, but don't panic.

Remember there are no good or bad blood sugars. Just think back on what has happened since the last time a blood sugar was tested.

Ask yourself about...

- ▶ Medication taking
- ▶ Blood sugar testing
- ▶ Number of blood sugar results out of target
- ▶ Food eaten away from home
- ▶ Feeling o.k.—any sore throat, headache, ear ache, fever
- ▶ Changes in exercise
- ▶ Following meal plan and serving sizes
- ▶ Being worried
- ▶ Temptations



This may help you see why the puzzle does not fit so well. Next ask why or how a piece of the puzzle changed. It may be as simple as realizing you went to the movies with friends instead of walking.

Think about what can happen before it might happen. Ask a friend or your parent to help you think of things that might happen. Ask a friend or your parent to help you with the puzzle.

Having trouble getting started thinking of difficult puzzles to solve?

Take a look at Lesson 6 in your Standard Diabetes Education Manual.



Solving the Puzzle

Diabetes Management Worksheet

Check each box you feel you are having trouble handling:

- Checking blood sugar
- Checking urine ketones
- Blood sugars out of target
- Taking medications
- Following a meal plan
- Making good choices
- Eating the right serving size of foods and drinks
- Doing regular exercise
- Working through stressful days
- Working through temptations
- Knowing what to do if blood sugar is out of target
- OTHER things not listed above _____

After checking the box above I think my biggest problem to solve is:

I could _____

to help solve my problem to make the puzzle pieces fit better.

To help me solve this problem I plan to ask for help from:
